

1 CLUB  
2 VENUES

# SANDTON



NEDBANK  
RUNNING  
CLUB

# WEEKLY SCHEDULE

## WEDNESDAY

### Weekly time trial

**Poplar on Park, Sandton - 17:15**

Meet in the parking area for registration & briefing.

Run starts at 17:30



## THURSDAY

### Hill/Speed sessions

**Poplar on Park, Sandton - 17:15**

Meet in the parking area for registration & briefing.

Run starts at 17:30



## SUNDAY

### Weekend long run

**Poplar on Park, Sandton - 06:00**

Routes, venues & distances shared on WhatsApp group the Friday before.

Meet at 06:00 for registration & briefing.

Run starts at 06:15



## STRAVA ROUTES:

TAP TO OPEN

3KM

5KM

8KM



TAP TO OPEN

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SOCIALS TO  
KEEP UP WITH  
UPDATES



THIRSTI®

